



---

## Uploaded to the VFC Website

▶▶ June 2015 ◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

---

*If Veterans don't help Veterans, who will?*

---

**Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



## ***Italian Chicken Kebabs***

- 2 Pounds boneless and skinless chicken breast
- 2/3 Cup grated Romano cheese
- 4 Tsp minced fresh basil
- 2 Cloves garlic, minced
- 2 Tbsp olive oil
- 2 Medium zucchini
- 2 Red bell pepper
- 2 Yellow bell pepper
- 2 Yellow onion
- 12 Cherry tomatoes
- Metal skewers

- 1) Cut the onions, zucchini and peppers into chunks and set aside.
- 2) Cut the boneless and skinless chicken breast into chunks and set aside.
- 3) In a glass mixing bowl, slowly mix the all ingredients except the chicken breasts and cherry tomatoes until well blended.
- 4) Add the chicken and tomatoes and place into the fridge for 1 hour; toss halfway to coat.
- 5) Preheat grill to medium heat.
- 6) Thread the skewers with the chicken chunks alternating with the onions, zucchini, peppers and cherry tomatoes.
- 7) Discard the unused marinade.
- 8) Place the threaded skewers on the preheated grill grid and cook for about 15 to 18 minutes or until the chicken is done and vegetables are tender crisp, turning frequently.

Makes 4 to 6 servings